

Garden Cannellini Bean Salad

Rating: ★★

Prep time: 45 minutes

Makes: 4 Servings

Chopped tomatoes, bell peppers, and cucumbers combine with cannellini (white) beans, almonds, and a simple vinaigrette, for a delicious and satisfying salad.

Ingredients

For the Dressing:

1 tablespoon olive oil

2 teaspoons white wine vinegar

1/2 cup apple juice

1 tablespoon tomato basil garlic seasoning blend, no-salt

For the Bean Salad:

1/2 cup almond slivers

2 tomatoes, coarsely chopped

1/2 yellow bell pepper, chopped

1/2 cucumber, peeled, chopped

3 green onions, sliced

2 14½ oz cans cannellini (white) beans, no-salt-added, drained, and rinsed

Large lettuce leaves (Boston, Bibb, or romaine)

Directions

1. Whisk together dressing ingredients in a small bowl.
2. In a small sauté pan, toast almond slivers until golden.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	250	
Total Fat	9 g	14%
Protein	11 g	
Carbohydrates	33 g	11%
Dietary Fiber	9 g	36%
Saturated Fat	1 g	5%
Sodium	60 mg	3%

MyPlate Food Groups

Vegetables	1 cup
Protein Foods	3 ounces

3. Remove from pan and let cool.
4. In a medium bowl, toss dressing with all ingredients except lettuce.
5. Refrigerate until ready to serve.
6. To serve, place lettuce leaves on individual plates; top with salad.

Notes

Serving Suggestion: Serve with a glass of non-fat milk, 1 slice of whole-grain bread, and pear slices.

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